

# What's New with School Meals?

## There are some exciting changes in the cafeteria!

The United States Department of Agriculture issued updated nutrition requirements for the National School Lunch Program starting this school year. The changes are based on the Dietary Guidelines for Americans 2010.

New nutrition standards for school meals are great news for our kids because they support our school nutrition team's efforts to create healthier meals.

### School Meals Now Offer:

- A variety of fresh fruits and vegetables at every meal
- Whole grain rich foods, such as bread and pasta
- Low fat milk, water and 100% fruit and vegetable juices
- Lower salt (sodium) options

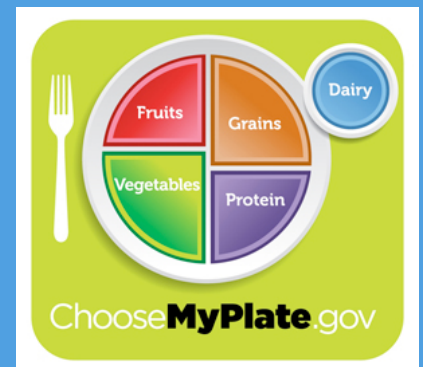
### Major School Meal Changes:

- Students will be required to take a fruit or vegetable
- Meals will vary in size to meet calorie needs based on grades: Kindergarten-5<sup>th</sup> grade, 6<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup> -12<sup>th</sup> grade
- Meals will now feature a greater variety and more servings of fruits and vegetables highlighting dark green, vibrant red/orange vegetables and legumes/beans
- More whole grain foods will be available
- Plain low-fat or fat-free milk or flavored fat-free milk will be available
- Saturated fat will be reduced and all meals will contain 0 grams of trans fats
- Salt (sodium) will be reduced in all meals

### How You Can Help:

- Review what is available for school meals and talk with your child about what they will eat.
- Encourage your child to try new foods at home and school.
- Join your child at school for breakfast or lunch.
- Learn more about nutrition and balanced meals at:

<http://www.choosemyplate.gov/>



### Don't Forget: Kids Need Breakfast too!

- We serve breakfast every day!

If you have questions, please contact us. We're here to help!

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